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POWERFLEX DELUXE WALKING STICKS

#### SPECIFICATION

Please refer to Provisional Patent Application # 60/405,889, filed on 08/26/02. This invention is in the field of health and exercise. The idea came to me as a result of experimentation in my home environment of the Coast Range mountains of northern Oregon. I have lived here on my 13 acres, surrounded by hundreds of acres of forest land, for 22 years. I hike around here almost every day. I started using a single walking stick (just a fir branch I picked up from the ground), to ease the strain on my left knee, which had been injured in a motorcycle accident in 1966. As time went on, I discovered that using 2 sticks, one in each hand, was better. In fact the more I used the 2 sticks together, the more I liked it. I could walk much farther with less pain in my knee. I also discovered that my upper body was becoming tighter, more toned. The only problem was that the dry fir branches that I was using would eventually break. Well, my supply of branches was virtually infinite, so I would just pick another one. One day I decided to try some fresh, green branches so they would not break so easily. Since they were green, they would flex more as I walked. At first I didn't like the effect, ---- too much flex didn't give enough support. So I kept fine tuning my choice of branches until I found the right amount of flex for my weight. The flex acts like shock absorbers on a car. It reduces strain on the joints of the body. So, for years, I was using these walking sticks. Some people would laugh, but I didn't care because I knew they worked for me. Then I started thinking about a more durable stick. The answer was simple. Plastic, rubber, and graphite. I made a few phone calls, and discovered that the technology already exists to create a lightweight, strong, durable, and slightly flexible shaft in either round or ribbon shape. Pole vault poles, fishing poles, golf clubs, hunting bows, ---- all of these must bend, but not break. The amount of stiffness can be easily modified. In August 2002 I filed a Provisional Patent application, and now I am filing this Nonprovisional Patent application.

In summary, the main factor is the flexible, shock absorbing, power releasing shaft. There are other walking sticks for sale in the marketplace right now. Most are one piece and stiff, ---- rigid. These rigid sticks provide support, but are uncomfortable to use. Some manufacturers use rubber tips on their sticks to provide some shock absorption. Others have tried using short, (less than 2 inches), metal springs inside the shaft. In fact, I have tried several different brands, from the cheapest to the most expensive. All of them are inferior to the green fir branches that I pick off my trees! My walking sticks, made of durable graphite, with plastic hand grips and rubber tips, having a flex of about 8 inches, (varies according to usage), will be a Cadillac compared to the Model T's currently available.